



Physical inactivity is a major risk factor for heart disease and stroke. Just 30 to 40 minutes, 3-4 days each week of physical activity can benefit your heart. Studies also show that people with cardiovascular disease who include regular activity in their lifestyle have quicker and better recovery rates.

PHYSICAL ACTIVITY CAN HELP REDUCE OR ELIMINATE
SOME
OF THESE OTHER RISK FACTORS:

♥ High blood pressure ♥ Diabetes ♥ Obesity

Physical activity need not be strenuous to benefit health. Even low-to-moderate intensity activities can boost your heart health when made part of your regular routine.

ADD SOME OF THESE SIMPLE AND FUN ACTIVITIES TO
YOUR DAY.

♥ walk for pleasure ♥ gardening or other yard work
♥ housework ♥ dancing

*If you have not been active, consult your doctor or
healthcare provider before you begin an exercise program*

For more information, please visit
the American Heart Association
web site at

www.americanheart.org

or call 1-800-AHA-USA 1

American Heart
Association®



Fighting Heart Disease and Stroke

ML-002147 MAC 9/02



♥ The Heart of South Carolina ♥
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Physical Activity

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